



## Compression Stockings

Compression stockings are support stockings that help control swelling in feet, ankles or lower legs. The swelling, or edema, is caused by a build-up of fluid in the tissue. **Please use the compression stockings ordered by your doctor.**

It is important to prevent fluid build-up or edema because it can:

- Cause pain in the leg or foot
- Prevent blood from circulating to the skin surface
- Prevent wounds from healing

**\*\*Wear compression stockings as soon as you get up \*\***

**Put on your stocking before getting out of bed in the morning.**

This stops swelling before it starts. Here are more tips for using stockings correctly:

- Wear stockings all day long.
- Remove at bedtime **before** taking a bath or shower. You should bathe or shower right after removing the stockings.
- Sleep with your feet elevated higher than your heart to prevent swelling at night.

### **Putting on and taking off stockings**

- Stocking are made from special fabric fibers. To avoid damage, **remove jewelry that can cause a hole or snag** before putting them on.
  1. Place the stocking on your foot, gently working it over the heel.
  2. Gently pull the stocking up your leg. Do not pull or tug or this can cause a hole or run in the fabric. Smooth out wrinkles or folds to prevent skin irritation.

**\*\*Rubber kitchen gloves or medical gloves purchased at a pharmacy can help you grip stockings** at the fingertips if you have trouble pulling it up your leg.

3. Gently roll the stocking down the leg to the heel. Slide it off and around the ankle and foot.

## **How to care for your stockings**

Follow the care instructions for washing.

- They can be washed in a washing machine. Use the gentle cycle and a mild detergent.
- To dry, lay flat on a towel to protect the shape of the stocking.
- **Do not** use petroleum based products, such as Vaseline. These products can damage stocking fibers.

## **When to Contact Your Doctor**

If you have any of these signs, contact your doctor:

- Numbness or tingling that is not normal
- Pain or an increase in pain
- Changes in the color or temperature in your toes or feet
- New wounds develop